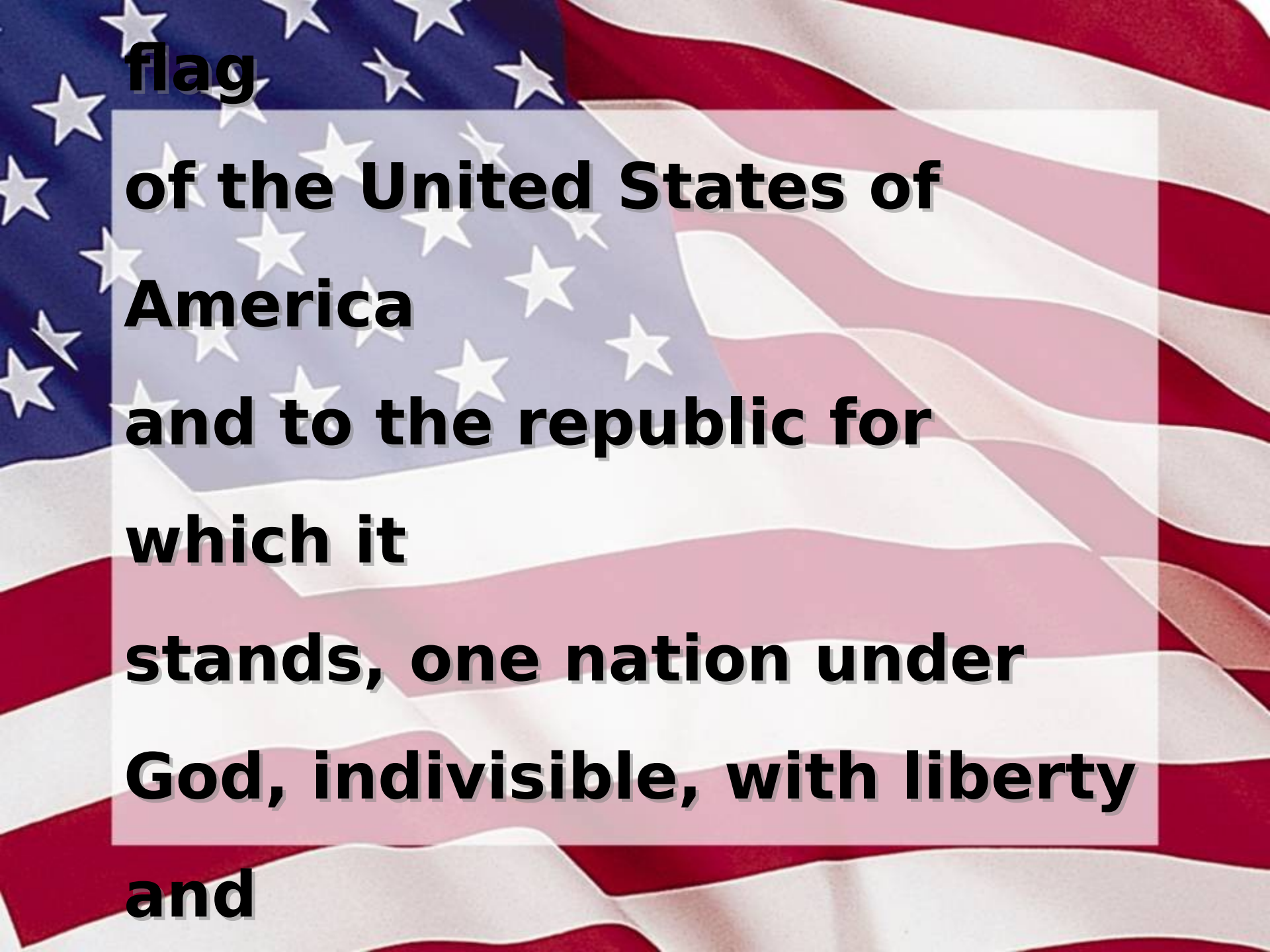
INFORMATION EXCHANGE

2 March 2016

GUARDIANS

"SUPPORT AND DEFEND!"


flag
of the United States of
America
and to the republic for
which it
stands, one nation under
God, indivisible, with liberty
and

AGENDA

- **Garrison Volunteers of the Month**
- **March Observance** — **Robyn Smail**
- **Special Briefs**
  - **Army Community Service** — **Becki Mastrian**
  - **SKIES and CYSS Update** — **Paige Commander**, **Roger Williams**
  - **AUSA** — **Shirley West**
- **Agency Briefs**
- **Closing Remarks**

Garrison Volunteers of the Month

- Doris Armstrong — Ft Campbell Spouses Club
- Nicholas Cannon — USO
- Connie Evans — Lincoln Elementary School
- Lisa Gray — Fisher House
- Lindsay Green — Barkley Elementary School
- Taunia Schulke — ACS, Relocation, Spouse to Sponsor Program

March Observance

National Consumer Protection Week

Robyn Smail

Social Services Assistant

(270) 798-5518

robyn.c.smail.civ@mail.mil

ACS Financial Readiness March Observance Events

Army Emergency Relief Campaign (1 March-15 May)

National Consumer Protection Week (7- 11 March)

Special Briefs

Army Community Service (ACS)

Rebecca Mastrian
Outreach Program
(270) 412-6771
rebecca.m.mastrian.civ@mail.mil

New Location for Army Community Service

The following ACS programs will be moving to the new location at 2601 Indiana Avenue:

- Army Family Action Plan (AFAP)
- Army Family Team Building (AFTB)
- Army Volunteer Coordinator (AVC)
- Exceptional Family Member Program (EFMP)
- Employment Readiness Program (ERP)
- Family Advocacy Program (FAP)
- Financial Readiness Program (FRP)
- Information & Referral (I&R- Front Desk)
- Master Resilience Training (MRT)
- Military Family Life Counselors (MFLC)
- Outreach Program
- Relocation Readiness Program
- Sexual Harassment & Assault Response Program (SHARP)

Army Community Service will move into the Clifford C. Sims Center at 2601 Indiana Avenue sometime during the month of March.

Other Locations for Army Community Service

he following programs will remain at their locations:

ACS Mobilization & Deployment at the Family Resource Center (FRC) at 1501 William C. Lee Road

ACS Soldier & Family Assistance Center (SFAC) at 2433 Indiana Avenue

ACS Survivor Outreach Services (SOS) at 5001 Screaming Eagle Drive

Upcoming Trainings and Events

March:

- 9th - “Money, Money, Money…Honey” 11 a.m. -12:30 p.m. at FRC. Master Resilience Training (MRT) 270-798-2045
- 11th - Command Team Spouse Course 9 a.m. - 3 p.m. at the FRC. Contact AFTB at 270-798-4800
- 14th – Volunteer of the Year nominations due. Contact AVC at 270-956-2934
- 15th - FRL Training 9 a.m. – 4 p.m. at FRC. Contact Mob/Dep at 270-798-3849
- 16th – “I’m Hooked on a Feeling” 11a.m. -12:30 p.m. at FRC. Contact MRT 270-798-2045
- 21 March-16 April–Volunteer of the Year ticket sales at Cole Park Commons Monday-Friday 11 a.m.– 4 :30 p.m. $15 each

  Questions on ticket sales: 270-798-4610 ext. 4610

Upcoming Trainings and Events

April:

- 23rd – The Force Against Sexual Assault 10 a.m. - 12 p.m. at FRC. Contact SHARP at 270-798-6383
- 26th – Volunteer of the Year Ceremony 6:30 - 8:30 p.m. at Cole Park Commons. Contact AVC at 270-956-2934

The 2016 Fort Campbell Eagle Guides (phone books) are now available.

- Guide racks are located at the PX main entrance, Commissary exit, and BACH & Town Center Pharmacy entrances
- Units can also call the ACS Front Desk at 270-798-9322 to arrange for pickup for cases

SKIES Unlimited

Paige Commander

Instructional Program Specialist

270-412-5811

Melissa.p.commander.naf@mail.mil

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

Overview

SKIES Unlimited is designed to offer instructional programs for children and youth from infancy to adolescence. Through SKIES Unlimited young people have opportunities to expand their knowledge, be inspired, explore their world and acquire new skills.

Program Design

SKIES Unlimited offers opportunities for instruction within each of the Army CYSS Four Service Areas. The four schools are:

School of Academic Skills, Mentoring and and Intervention

School of Art, Recreation and Leisure

School of Life Skills, Citizenship and Leadership

School of Sports, Fitness and Health

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

Programming & Activities offered:

Art, Cheer, Crafts, Cooking, Cosmetology, Dance, Drivers Education, Golf, Guitar, Gymnastics, Infant Massage, Photography, Jr Explorer, Foreign Language (German), Martial Arts, Movie Making, Monkeynastix, Piano, Rock Climbing, Sewing, Soccer Shots, Start Smart and Swimming

For More Information Please Contact: Paige Commander at

270-412-5811

or *Melissa.p.commander.naf@mail.mil*

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

- **Location:** 3411 Bastogne Avenue Ft. Campbell, KY
- **Hours of Operation:** Mon 9:00-18:00 Tue-Fri: 9:00-20:00

  Closed Daily from 13:30-14:30 for lunch

- **Eligibility:** Youth of Active Duty Military, Retired Military, DA Civilians & Army contractors
- **Registration:** All youth must be registered with Child Youth and School Services (CYSS) . Class Registration occurs the last week of each month. Families can register in person at SKIES Unlimited or Parent Center Services. On-line registration is available through webtrac at *https://**webtrac**.mwr.**army**.mil/*

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

In addition to our regularly scheduled monthly classes, SKIES Unlimited also offers special camps and clinics during fall, spring and summer school breaks.

Spring Break 2016
"Manners Matter" Etiquette Class

Fees:
$50.00 (per 4 day session)
Classes:
March 28th-31st
900-1000 8-10 years
1030-1130 11-13 years

April 4th-7th
900-1000 8-10 years
1030-1130 11-13 years

Topics Covered Include:
MAKING FRIENDS
SITTING PROPERLY
KNOCKING ON DOORS/ANSWERING THE DOOR
TELEPHONE ETIQUETTE
BEING A GOOD SPORT
MANNERS AT SCHOOL
COMMUNICATIONS SKILLS
TABLE MANNERS
THANK YOU NOTES

Spring Break 2016
Sewing Camps

Fees:
$40.00 **(4 days)**
Fee does not include materials.

Session Dates:
March 28th-31st
April 4th-7th

Age:
8-18 years

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

Some of the activities we're planning for summer include:

- 4-H Camp
- Arts & Crafts Camp
- Baseball Camp
- Basketball Camps
- Cheer Camps
- Grilling and Chilling
- Guitar Camp
- Gymnastics Camps
- Fairy Camp
- Sewing Camp
- Science Camps
- Soccer Camp
- Super Hero Camp
- Under the Sea Camp

Registration for Summer Camps and Clinics begins April 1st.

CYSS Sports & Fitness Program

- Youth Sports and Fitness (YSF) program provides Individual and Team Sports for youth ages 4 through 18.
- Year round team activities are provided including Flag Football, Tackle Football, Cheerleading, Tee Ball, Baseball, Softball, Soccer, Volleyball and Basketball.
- Individual sports include Running club, Gymnastics, Bowling, Golf, and Tennis.
- Volunteer coaches are trained and certified through the National Alliance for Youth Sports and undergo background checks.

Child Youth and School Services

Roger Williams
CYSS Sports & Fitness Director
270-798-6355
Roger.a.williams18.naf@mail.mil

CYSS Sports & Fitness Program

- Upcoming Events
- March 19 MWR Youth Triathlon
- April 4 - April 29 Baseball, Tee-Ball & Softball Registration
- May 2 – May 26 Indoor Tennis Registration
- July 5 – July 28 Tackle Football, Flag Football, Cheerleading, Fall Soccer, Fall Volleyball & Running Club Registration
- August 20 Punt, Pass, & Kick Competition

CYSS Sports & Fitness Program

- **Location:** Taylor Youth Center, 80 Texas Ave
- **Hours of Operation:** Mon-Fri: 10:30pm-4:30pm
- **Cost:** Varies by Sport
- **Eligibility:** Youth of Active Duty Military, Retired Military, DA Civilians & Army contractors
- **Registration*:*** All youth must be registered with Child Youth and School Services (CYSS) and have had a Sports Physical completed in the last 12 months.
- *For More Information Please Contact: Roger Williams at 270-798-6355/3168 or* [*roger.a.williams18.naf@mail.mil*](mailto:roger.a.williams18.naf@mail.mil)

Fort Campbell Chapter

Association of the United States Army (AUSA)

Shirley West

President

president@fortcampbellausa.com

Be Heard - Get Involved

AUSA was created by the U.S. Army and is a private, non-profit professional education organization that supports America's Army – Active, National Guard, Reserves, Civilians, Retirees and Families.

- Is the Voice for ***all*** components of America's Army.
- Fosters public support of the Army's role in national security.
- Provide professional education and information programs.

Anyone can join – small monetary membership fee.

Local Involvement

- Help sponsor award programs honoring NCOs and Soldiers of the Year
- Support Welcome Home Ceremonies for returning Soldiers
- Help support Fisher House
- Army Birthday Week Celebration
- Educational Forums through 2nd Tuesday Luncheon
- Support local JROTC and ROTC programs

National Involvement

An AUSA membership is inherently valuable to America's professional military. AUSA serves as a voice for the Army. Among AUSA's accomplishments:

- Pay comparability with private sector
- Limiting increases in TRICARE fees/deductibles/pharmacy copays
- Funding the Federal Impact Aid Program to help our children

  Congress responded by authorizing $30 million for schools that benefit dependents
- Preventing the 1% cut in COLA per year for future retirees under the age of 62
- Maintaining the Army's current force capabilities

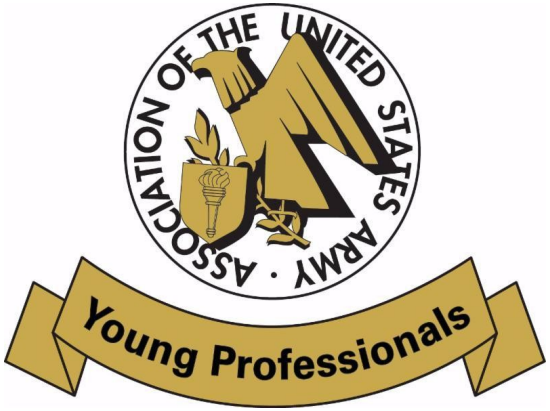
2016 Goals and Initiatives

Membership

- Referral Program
- Involvement

Expanded Programs

- Unit Outreach
- Young Professionals



Upcoming Events

For more information on events, email
fortcampbellausa@outlook.com or visit us on Facebook.

Agency Briefs

Organizations/Agency Briefs

1. MWR (ACS, CYSS)
2. BACH
   - School Liaison
   - Fort Campbell Schools
3. Chaplain
4. Directorate of Emergency Services (DES)
   - The Exchange
   - Commissary
   - Campbell Crossing, LLC
   - Education Center
   - Department of Public Works (DPW)
5. Fort Campbell Spouse Club
   - Christian Co. Military Affairs
   - Armed Services YMCA
   - Montgomery County
   - Clarksville Chamber of Commerce
6. American Red Cross
   - USO
   - Installation Convenience Center
   - Operation Homefront
   - AUSA
   - Public Affairs Office (PAO)
   - Ft. Campbell Community Health Promotion Council

LEGEND:
Indicates presentations
#

MWR Marketing

Melissa Schaffner
(270) 798-7535
melissa.a.schaffner.naf@mail.mil

2016 Eagle Challenge Fitness Tour

EVENT #2

5th Annual USO 10 Miler, 5K & Fun Run

March 12

The earlier you register the lower the price.

www.active.com (then search for USO Fort Campbell)

www.campbell.armymwr.com

Upcoming Events

Boot Camp Xtreme Spring Sessions

March 21 – April 22, 5 p.m. to 6 p.m.
April 25 – May 27, 9:30 a.m. to 10:30 a.m.
Estep Wellness Center
Choose from the two dates or do both – it's up to you.
$125 per session
(270) 798-4664

Lifeguard Class (American Red Cross Certification)

March 28-31, 8:30 a.m. to 3 p.m.
Gardner Indoor Pool $120
Must be at least 15 years old to take the class.
Must be at least age 16 years old to lifeguard in MWR pools
Future dates: April 4 - 7
(270) 798-6310

Upcoming Events, cont.

Easter Eggstravaganza Egg Hunt

Presented by MWR and Fortera Credit Union (FCFCU)

Saturday, March 26 – South Sports Complex

10 a.m. – Walkers to Age 3
11 a.m. – Ages 4 to 6
12 p.m. – Ages 7 to 9
1 p.m. – Ages 10 to 12
Face painting/DJ Johnny
BRING YOUR OWN BASKET
Bring your camera for a photo opportunity with the Easter Bunny
(Sponsorship does not imply Army endorsement. See AR 215-1, para. 11-8d.)
Register online - $5 per child
www.campbell.armymwr.com

Upcoming Events, cont.

Easter Brunch at the Smokehaus
11am-3pm
$15.95 age 12 - adult
$7.95 kids age 6-11
FREE kids age 5 and under

270-798-4993
Reservations recommended but not required

Want to join our team?

Fort Campbell MWR

NOW Hiring!

Call: 270-798-4754

Visit: 6901 Desert Storm Ave.

Online: www.usajobs.gov

Looking Forward

2016 Eagle Challenge Fitness Tour

Presented by MWR & Mathews Nissan
Twilight Walk, Run or Roll
April 30

Presented by Clarksville
Queen City Road Race 10K, 5K and Fun Run (in Clarksville)
May 7

Presented by MWR & Mathews Nissan
Warrior Challenge – Obstacle Course and Mud Run
June 18

Blanchfield Army Community Hospital

Courtney Purswell
(270) 798-8158
Courtney.a.purswell.civ@mail.mil

Upcoming Events & Activities

National Nutrition Month

Does everyone ask for your recipe because they can't believe something this tasty could also be this healthy? Have you perfected details and made your dish as healthy as it is tasty? Army Medicine promotes National Nutrition Monday annually in March, and this year they're encouraging Soldier and Families to send in their healthy recipes. Send in your favorite healthy recipe by March 29 on Blanchfield's Facebook page, www.facebook.com/BACH.Fort.Campbell, or send a private message with your recipe. Our Nutrition Care team will select winning recipes to go forward as a possible submission to an Army Medicine Healthy Cookbook.

Upcoming Events & Activities

National Brain Injury Awareness Month

-The vast majority of TBIs that occur in the military and in the civilian sector are mild TBIs, also known as concussions. Army Medicine adopted an "Educate, Train, Treat, and Track" strategy to address concussions in late 2009 and implemented a garrison concussion management policy in June 2013, which mirrors the DoD's deployed concussion policy. But concussions can also affect the rest of the Army Family, including our young people. Capitalizing on the work of the Centers for Disease Control and Prevention (CDC) and the Defense and Veterans Brain Injury Center (DVBIC), the Army will work to ensure that our Army parents are aware of the risks of concussion, understand what a concussion is, and what to do for their children if they've been involved in a potentially concussive event.

Soldiers and Family Members affected by TBI can be confident they will receive the world's finest treatment from our Army medical care community. This is accomplished through our continued collaboration with the Defense and Veterans Brain Injury Center (DVBIC), and sister Services. The DVBIC website (http://dvbic.dcoe.mil/) provides beneficiaries and healthcare providers with numerous educational tools and resources about TBI (clinical practice guidelines, patient education, information on chronic traumatic encephalopathy, etc.).

Upcoming Events & Activities

Sleep Awareness Week

-March 6-12 in National Sleep Awareness Week. The Army Surgeon General has championed the Performance Triad of Activity, Nutrition and Sleep to build resilience, improve readiness and enhance the health of the Army Family. Despite the growing research that shows sleep, like nutrition and physical activity is vital for good health, many people, Soldiers and civilians, adults and children are not getting adequate amounts of sleep. Although individual sleep requirements vary, most adults need seven to eight hours of sleep daily, children and adolescents need even more.

Patient Advisory Council

-BACH's Patient Advisory Council meets every fourth Thursday at 9:30 a.m. in the Patient and Family Medical Resource Center. The goal of the council is to collaborate with patients to improve the quality of care provided at BACH. If you're interested in attending, contact Courtney Purswell at 270-798-8158 or courtney.a.purswell.civ@mail.mil

Garrison Chaplains Office

CH(LTC) Tammie Crews

Garrison Pastoral Care Chaplain

270 - 412 - 5795

tammie.e.crews.mil@mail.mil

2016 Fort Campbell Easter Worship Schedule

Soldier's Chapel
Bldg. 5875 30th & Desert Storm Ave

Palm Sunday Service
19 March - 1600 (Confession)
19 March - 1700 (Mass)
20 March - 1000 (Mass)
20 March - 1200 (Mass)

Holy Thursday
24 March - 1900 (Mass)

Good Friday
25 March - 1500 (The Passion of our Lord)

Easter Vigil
26 March - 2000 (Vigil Mass)

Easter
27 March - 1000 & 1200 (Mass)

Liberty Chapel
Bldg. 3111 Bastogne Ave

Holy Week
21 - 25 March - 1200
(Lunch Time Meditations)

Post Wide Sunrise Service
27 March – 0700

Post Wide Services
27 March - Normal Services occurring

Memorial Chapel
Bldg. 3934 Indiana Ave

Holy Thursday
24 March - 1800 (Seder Meal)
Sign Up with Pastoral Coordinator

Ft. Campbell Fire Department

Wendy L. Leo
Fire Inspector
270-412-3599
wendy.l.leo.civ@mail.mil

Eliminate The Possibility Of A Dryer Fire In Your Home

Simple actions to be taken to ensure the safe operation of your clothes dryer.

- Clean lint filter after each load of clothes.
- Vacuum lint from behind machine and inside your vent duct once a year.
- Leave six inches of clearance behind your dryer to avoid kinking or crushing the exhaust hose.

Eliminate The Possibility Of A Dryer Fire In Your Home

- Direct the dryer vent to the outside, not into wall, attic or crawlspace.
- Do not run the dryer when you leave the home-even for a short while.
- Consult a professional if clothes suddenly take too long to dry, which may indicate that there is a built-up of lint inside the machine.

https://www.facebook.com/fortcampbellfiredepartment?ref=hl

Fort Campbell Spouses' Club (FCSC)

Jessica Maher / David Daub
Publicity Co-Chairs

info@fortcampbellspousesclub.com

FCSC March Information

V.I.C.E. Night (Very Important Charity Event)

- Bootleggers' Bash
- Friday, March 18, doors open at 6 PM
- Valor Hall, Oak Grove, KY
- Tickets $25, Tables available

Lunch Bunch Restaurant Outing

- Wednesday, March 23, 1030 AM – 1 PM
- $12

FCSC Thrift Store New Hours!

- Mon 0900-1400, Tue 1100-1700
- Wed Volunteer Day, Thu 1100-1700, Fri 0900-1400
- 2112/2114 Indiana Ave, Fort Campbell

Membership is always open!

Visit our website and click on "Membership Application"

Visit our website: **fortcampbellspousesclub.com**

Join our Facebook Group: **Fort Campbell Spouses' Club**

Find us on Instagram: **FortCampbellSC**

USO Fort Campbell

Pamela Holz
Center Operations &
Programs Manager
(931)542-3320
pholz@uso.org

Upcoming Events March 2016
FREE Lunches:
Mexican Mondays 1130-1300
Hot Pockets for Heroes on Tuesdays 1130-1300
Warrior Wednesday 1130-1300 (*Active Duty)
…MORE LUNCHES IN THE WORKS!

FAMILY Dinner:
17 March *Dawna's Dinner 1700-1900*
31 March *Gary Sinise Foundation Dinner 1700-1900*

5 March **Veterans Recreation Fair (Kleeman Center) 1100-1400**

12 March **USO 10 Miler/5K/Free FUN RUN**

Volunteer Opportunities available! www.usovolunteer.org

Tickets, giveaways, and more… Interacting with us on Facebook is the best way to stay in the know!

USO Fort Campbell 2577B Kentucky Ave. 931-542-3078

Remarks

Next Information Exchange

13 April 2016

Thank you ACS for the Refreshments